



MACARTHUR ANGLICAN SCHOOL
Established traditions, proven success!

OUTDOOR EDUCATION PROGRAMME

YEAR 7 CAMP 2018



Information Booklet
for Parents and Students



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**From the Headmaster
Dr D Nockles**

28 August 2017

Dear Parents,

I would like to take this opportunity to introduce you to the Year 7 Outdoor Education Programme. Macarthur's broad aim is to develop our students in mental, physical, spiritual and leadership skills which is further enhanced by the Outdoor Education Programme. Indeed, the Outdoor Education Programme is integral to the curriculum of the School. One of the aims of the Outdoor Education Programme is to equip our students with the skills to more fully enjoy and appreciate outdoor activities. We live in a vast and magnificent country and as a nation, enjoy spending time outdoors.

In accordance with the School's aim of excellence in all areas of endeavour, we provide a rigorous physical and mental challenge. Camps provide the opportunity to achieve in challenging situations and enhance leadership skills. We encourage students to appreciate the wonders of God's creation and care for their surroundings and for each other.

Year 7 students begin a sequential programme of camps that build on spiritual, physical and mental challenges year by year. While there is rigour in the Programme, students are not expected to achieve beyond their ability, nor are they pushed to do so, however, students are given the skills and encouragement to meet challenges.

Through participation in the Programme students will be given an opportunity to develop and refine their skills in a wide range of activities. These activities include Group Skills, Bush Walking, Navigation, Canoeing, Abseiling and Rock Climbing. The Programme rewards students who achieve across a number of outcomes and therefore become eligible to receive awards, beginning with the Camp Participation Award and culminating in Year 12 with The Macarthur Award of Outdoor Education.

An attractive point in the timing of this camp is that it gives our Year 7 students a chance to bind into a Year cohort before they commence formal lessons. It is hoped that this will enable them to adjust more quickly to the academic rigour of secondary studies. The camp also offers an ideal opportunity for the Year 7 cohort to form lasting relationships with their Year 11 Peer Support Leaders who will accompany them on all activities. Throughout the camping programme, student's spiritual understanding is challenged and encouraged to be Christ-centred.

Full details of the camp are enclosed with this letter. The *Medical Form* for students will be posted home this week, and will be a print out of the latest medical information held by the School, to be updated as needed. The *Medical Form* should be completed and returned to the School by the **Year 7 Orientation Day on Thursday 21 September 2017**. The *Parent Declaration Form* will be emailed, to be completed through Parent Paperwork.

If you have any further enquiries please do not hesitate to contact the Dean of Students, Mr Timothy Cartwright, at the School on 4629 6237. I am confident that your child will find this an exhilarating start to their secondary schooling at Macarthur.



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Year 7 Outdoor Education Programme 2018 Details

Dates	Tuesday 30 January to Friday 2 February 2018
Leader	Mrs Annette Fitzgerald – Year 7 Co-ordinator
Time of departure	9.00am – Tuesday 30 January – at the School Parking and drop off areas will be clearly marked and staff will be available to direct you. These times may not coincide with current public transport schedules and also because of having to carry a bag, it is suggested that parents arrange to drive their child to the School. Students should arrive 30 minutes before departure time.
Return Time	3.30pm – Friday 3 February – to the School in Cobbitty
Location	The Active Education Campsite Nentoura Road Morisset NSW (The camp is located on Dora Creek near Morisset.)
Programme	<ul style="list-style-type: none">• Supervised by staff of Macarthur Anglican School• Skills activities run by trained staff of Outdoor Education Experience, which operates the Active Education Campsite at Morisset.
What to wear and what to take	Casual clothing suitable for a camp – see also the enclosed Camp Equipment List
Activities	Abseiling, canoeing, swimming, giant swing, flying fox, bush skills, sailing, offsite outing. There will also be talks on Christian lifestyle.
Forms to be completed	Confidential Medical Information Form (Pink - Check both sides) Parent Declaration – Parent Paperwork Medication/ Asthma Management Plan - <i>If applicable, form is attached to Parent Paperwork, print, complete and hand with medication to the supervising teacher on the morning of departure.</i>
Return of Forms	Please return Pink form by Year 7 Orientation Day on Thursday 21 September 2017.



Year 7 Camp 2018 Programme Descriptors

Outlined below is a brief description of the activities Year 7 will undertake during their camp. The activities are planned in such a way so that students begin or further develop particular skills as they progress through the sequential programme for Years 3–12. There is no expectation, however, that new students entering the School in 2018 will have participated in an Outdoor Education Programme and activities are planned accordingly.

For each activity undertaken a member of staff from Macarthur will be present as the overall coordinator and supervisor. Appropriately qualified instructors, provided by Outdoor Education Experience, will undertake the instruction, safety briefing and specifics of the activities.

- **Abseiling** – students will be taught by a qualified instructor. Students will be taught belaying skills and will be fitted with a safety harness and helmet.
- **Challenge** – students will look at self-esteem issues such as coping with stress, handling peer pressure and self-concept through simulation games.
- **Bush skills** – students will be taught basic map work, safety and hygiene principles.
- **Initiative activities** – students will look at team building and responsible decision making by working at low level elements. They may also participate in a challenge course and look at the skills of falling and spotting.
- **Swimming** – Students will be able to swim on and off site. Qualified instructors and teachers will supervise students.
- **Giant Swing/Flying Fox** – Student are fitted with a safety harness and helmet. They are given the choice to swing like a pendulum or down a zip-line.
- **Canoeing** – qualified instructors will teach basic safety procedures and strokes with all students. All students will be fitted with a Personal Flotation Device.
- **Sailing** - qualified instructors will teach basic safety procedures and sailing skills with all students. They will then be given an opportunity to sail under staff supervision and direction. All students will be fitted with a Personal Flotation Device.



YEAR 7 CAMP 2018

The following list is the minimum equipment required for your camp. Please ensure that you are adequately prepared.

Be sure that your name is clearly marked on **all** items that you take with you.

- Bible (provided), notebook, pen
- Sun hat with brim
- Socks (5-6 pairs)
- Long pants (one pair)
- T-shirts with sleeves (4 or 5)
- Long-sleeved shirt (1)
- Shorts (3 pairs)
- Underwear
- Swimwear - must include a rash-vest or swimming shirt
- Board shorts
- Sleeping bag
- Liner for sleeping bag or sheet
- Pillow
- Sleepwear
- Sunscreen SPF30+
- Water bottle (1 litre **MINIMUM** size)
- Daypack (similar to the one used for school)
- Walking shoes (comfortable and worn in)
- Sandshoes (an old pair that can get wet and perhaps thrown away)
- Torch and spare batteries (not too big, but tough)
- Track pants
- Personal toiletries (including insect repellent)
- Towels (2), one large for use in camp, one for pool
- Waterproof jacket
- Garbage bags for dirty clothes
- Personal medicines (eg. Ventolin)
- An old set of clothes that could be thrown away

Please Note: Students must **NOT** bring singlet tops. Only T-shirts with sleeves are acceptable because of the risk of sunburn.